



DENTAL EMERGENCIES

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ARE YOU PREPARED FOR A DENTAL EMERGENCY?

Thousands of dental emergencies – from injuries to a painful, abscessed tooth – take place every day. Would you know what to do if your child broke a tooth or in the middle of the night and couldn't get to the dentist until the next day? Knowing what to do can lessen the pain and save a tooth that might otherwise be lost.

Keep your dental office phone number and an emergency number where the dentist can be reached after hours with other emergency number, such as your family doctor, and fire and police departments. Some families post these numbers on the refrigerator or inside a kitchen cabinet door near the phone. Call the dentist immediately for instructions on how to handle a dental emergency.

TOOTHACHE

Rinse the mouth with warm water to clean it out. Gently use dental floss or an actual

interdental cleaner to remove any food or other debris that may be caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth. This could burn gum tissue. If the toothache persists, try to see the dentist. Don't rely on painkillers. They may temporarily relieve pain but your dentist should evaluate the condition.

KNOCKED-OUT (AVULSED) TOOTH

Try to find the tooth! This may not be as easy as you think if the injury took place on a playground, basketball court or while skateboarding so try to stay calm. Hold the tooth by the crown and rinse the root in water if the tooth is dirty. Don't scrub it or remove any attached tissue fragments. If it's possible, gently insert and hold the tooth in its socket while you head to the dentist. If that's not possible, put the tooth in a cup of milk and bring it to the dentist. Time is critical for re-implantation.



BROKEN TOOTH

Rinse your mouth with warm water to clean the area. Use cold compresses on the outside of the cheek to reduce any swelling.

POSSIBLE BROKEN JAW

Apply cold compresses to control swelling. Get to the hospital emergency room immediately.

TONGUE OR LIP BITES OR WOUNDS

Clean the area gently with a clean cloth and apply cold compresses to reduce any swelling. If the bleeding can't be controlled, go to a hospital emergency room or clinic. You may be able to reduce bleeding from tongue by pulling it forward and using gauze to put pressure on the wound.

OBJECTS CAUGHT BETWEEN THE TEETH

Try to gently remove the object with dental floss. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object with floss, contact your dentist.

Vermont's Oral Health Initiative is a three-year demonstration grant funded by The Robert Wood Johnson Foundation, managed by the Center for Health Care Strategies. The grant is designed to improve access to oral health services for children of lower-income, minority and special needs populations in Vermont. The Initiative strives to improve access and increase awareness of preventive oral health practices.